CLAIMS

[Claim 1] A food or beverage comprising a polyphenol, and a collagen peptide, and further comprising gelatin,

wherein an isoelectric point (X) of the gelatin and a pH (Y) of the food or beverage satisfy a relationship of the following formula 1:

$X \leq Y$ Formula 1

[Claim 2] The food or beverage according to claim 1, wherein an average molecular weight of the collagen peptide is 700 or more and 9,600 or less.

[Claim 3] The food or beverage according to claim 1 or 2, wherein an average molecular weight of the gelatin is 12,000 or more and 500,000 or less.

[Claim 4] The food or beverage according to any one of claims 1 to 3, wherein a content of the polyphenol is more than 0% by mass and 1.0% by mass or less.

[Claim 5] The food or beverage according to any one of claims 1 to 4, wherein a content of the collagen peptide is more than 0% by mass and 10.0% by mass or less.

[Claim 6] The food or beverage according to any one of claims 1 to 5, wherein a content of the gelatin is more than 0% by mass and 5.0% by mass or less.

[Claim 7] The food or beverage according to any one of claims 1 to 6, wherein the X is 4.8 or more and 10.0 or less, and
the Y is 4.8 or more.

[Claim 8] The food or beverage according to any one of claims 1 to 7, wherein the polyphenol is a plant-derived polyphenol, and the plant-derived polyphenol is selected from the group consisting of oleuropein, flavonoid, phenolic acid, ellagic acid, lignan, curcumin, and coumarin.

[Claim 9] The food or beverage according to any one of claims 1 to 8, wherein the food or beverage is a beverage or jelly.

[Claim 10] The food or beverage according to claim 9, wherein the beverage is selected from the group consisting of black tea, green tea, coffee, wine, and grape juice.